WHAT IS CLAIMED IS:

1. A liquid crystal device, comprising:

a pair of substrates;

spacers located between the substrates; and

a liquid crystal layer held between the substrates, the liquid crystal layer and spacers being located in a region surrounded by a frame-shaped seal material formed in a plane of the substrate, a density of the spacers in the region ranging from $100 \text{ to } 300/\text{mm}^2$, and an average particle size D of the spacers ranging from 0.96d to 1.02d, where a liquid crystal layer thickness in the region in which the spacers are disposed is represented by d.

2. A liquid crystal device, comprising:

a pair of substrates;

spacers located between the substrates; and

a liquid crystal layer held between the substrates, the liquid crystal layer and spacers being located in a region surrounded by a frame-shaped seal material formed in a plane of the substrate, a density of the spacers in the region ranging from 150 to $300/\text{mm}^2$, and an average particle size D of the spacers ranging from 0.96d to 1.02d, where a liquid crystal layer thickness in the region in which the spacers are disposed is represented by d.

- 3. The liquid crystal device according to claim 1, the seal material being formed into the form of a closed frame without an opening which opens to an outer edge of the substrate.
- 4. The liquid crystal device according to claim 1, the spacers being covered with a sticking layer or an adhesive layer, and fixed on the substrate through the sticking layer or the adhesive layer.
- 5. A method of manufacturing a liquid crystal device having a pair of substrates, spacers located between the substrates, and a liquid crystal layer held between the substrates, the method comprising:

forming a closed-frame-shaped seal material on one of the pair of substrates in a region in a plane of the substrate;

disposing the spacers on the one substrate;

dropping a liquid crystal onto the one substrate; and

gluing the paired substrates together, a dispersed density of the spacers in a region inside the seal material ranging from $100 \text{ to } 300/\text{mm}^2$, and an average particle size D of the spacers ranges from 0.96d to 1.02d, where a liquid crystal layer thickness in the region in which the spacers are disposed being represented by d.

6. A method of manufacturing the liquid crystal device having a pair of substrates, spacers located between the substrates, and a liquid crystal layer held between the substrates, the method comprising:

forming a closed-frame-shaped seal material on one of the pair of substrates in a region in a plane of the substrate;

disposing the spacers on the one substrate;

dropping a liquid crystal onto the one substrate; and

gluing the paired substrates together, a dispersed density of the spacers in a region inside the seal material ranging from 150 to $300/\text{mm}^2$, and an average particle size D of the spacers ranges from 0.96d to 1.02d, where a liquid crystal layer thickness in the region in which the spacers are disposed being represented by d.

- 7. The method of manufacturing the liquid crystal device according to claim 5, the gluing the substrates being carried out under vacuum, the method further including: releasing the vacuum into the atmosphere, and curing the seal material after having carried out the gluing of the substrates.
- 8. The method of manufacturing the liquid crystal device according to claim 5, further including covering the spacers with a sticking layer or an adhesive layer.
 - 9. A configuration of electronic equipment, comprising: the liquid crystal device according to claim 1.